

**Sergeant's Time**

Teaching Soldiers to learn from their mistakes

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Fort Riley Post

**Staged 'war'**

High school actors take audiences back to World War II and the 'South Pacific'

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Friday, March 10, 2006

America's Warfighting Center

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Around the Army**Fort Knox:**

The Turret reported Feb. 23 the post's main exchange had opened the first Army and Air Force Exchange System Gun Shop in the continental United States.

The shop opened Jan. 18 and offers firearms ranging from rifles to shotguns to small- and large-caliber revolvers as well as semi-automatic pistols.

The post provost marshal said he's glad to have an authorized handgun dealership on post, where he knows background checks are being done.

Buying a handgun at the Fort Knox exchange requires a military ID, Kentucky driver's license, orders for permanent party Soldiers and submission into the FBI's National Instant Criminal Background Check System.

For more on this story and other Fort Knox, Ky., news, visit www.thenewcenterprise.com/turret/ on the Web.

Fort Gordon:

The Signal reported March 3 that members of the 252nd Signal Company deployed to the Dominican Republic Feb. 10 to provide communication services to the 130th Engineer Battalion in support of New Horizons 2006, Combined Joint Task Force Barahona.

For more on this story and other Fort Gordon, Ga., news, visit www.gordon.army.mil/pao/archives.htm on the Web.

Fort Rucker:

The Army Flier reported March 7 that the U.S. Army Warrant Officer Candidate School recently experienced a transition, revealing just how quickly old ways can be replaced.

Gone are the days when candidates spent most of their time completing numerous, yet simple tasks that demanded special attention to detail. Wall locker inspections, for example, used to be a major determining factor for advancement, forcing candidates to carefully measure and place each item in accordance with the strict and older version of the WOCS barracks standard operating procedures.

Instead, more time now goes into improving warrior tasks and battle drills.

For more on this story and other Fort Rucker, Ala., news, visit www.armyflier.com/ on the Web.

Fort Campbell:

The Courier reported March 2 that two men unified for the past 20 years are now parting ways. Their loyalty and devotion to the U.S. Army and their country brought them together.

Fifty military police reservists mobilized to help manage Fort Campbell, including Sgt. Maj. Paul Blackwell, a 22-year Army veteran, and Maj. Lee Noble, a 27-year Army veteran, who have served together for nearly 20 years.

They will leave Fort Campbell March 24 to resume the lives they left five years ago.

For more on this story and other Fort Campbell, Ky., news, visit www.fortcampbell-courier.com/ on the Web.

1st Brigade company to deploy

Post's 'Iron Rangers' receive training mission for Horn of Africa task force

Fort Riley PAO

About 150 Soldiers of Company A, 1st Battalion, 16th Infantry, have received deployment orders to the Horn of Africa. A deployment ceremony is scheduled for 2 p.m. March 16 at Custer Hill Parade Field.

The Soldiers will deploy for up to one year to the Central Command area of responsibility with about 1,700 members of the Combined Joint Task Force Horn of Africa.

The task force's mission is to detect, disrupt and defeat terrorists in Kenya, Somalia, Ethiopia,

Sudan, Eritrea, Djibouti and Yemen, said Lt. Col. Frank Zachar, 1st Bn., 16th Inf., commander.

The Fort Riley company's emphasis during its deployment will not be direct combat, said Col. Bart Howard, commander of 1st Brigade, 1st Infantry Division,

the battalion's higher headquarters. Instead, they will be conducting military-to-military training, he said.

"Soldiers deploying with the company will have the opportunity to partner with a host nation military to both improve each unit's capabilities and show soli-

arity in the Global War on Terror. The deployment will also provide the exposure to other cultures that is so necessary to foster greater international military cooperation," Howard said.

"Alpha Company has been

See 16th Inf., Page 3

Man, machine

Bradley crews, troops 'fight' together

By April Blackmon

Community Relations Officer

Infantrymen and Bradley Fighting Vehicle crews joined forces to attack and defeat an enemy militia training camp Feb. 23 at Fort Riley's Range 53.

This platoon live-fire exercise was essentially the culmination of three months of training, said Lt. Col. Dave Batchelor, 1st Battalion, 41st Infantry, commander.

The training taught Soldiers how to react to enemy contact.

"Through repetition, we're getting the Soldiers used to what they do in the event of various forms of contact, whether it's an IED (improvised explosive device) or someone shooting at them, and then how

See Man and machine, Page 3



Post PAO/Blackmon
Sgt. Selextor Jones of Co. B, 1st Bn., 41st Inf., radios his fellow Soldiers during the unit's platoon exercise.



Post PAO/Blackmon
From left: Sgt. Jose Bautista, squad leader, Spc. Vince Thornberry and Sgt. Bart Burhans, Alpha Team leader, all of 2nd Pltn., Co. B., rush out the back of a Bradley Fighting Vehicle to engage "enemy" forces during training.

Re-ups pass goals in all categories

By Mike Heronemus

Editor

"The good news here, and for the rest of America is... the Army is not broken and Soldiers aren't voting with their boots," said Maj. Gen. Dennis Hardy, commanding general, 24th Infantry Division (Mech) and Fort Riley. He was addressing those attending the post's annual re-enlistment awards luncheon March 1 at Riley's Conference Center.

As proof of that, the post recog-

nized Staff Sgt. John P. Holt, assigned to 1st Brigade, 1st Infantry Division, as Career Counselor of the Year for fiscal year 2005, at the luncheon.

Sgt. Maj. Thomas Kelly, who heads the post's re-enlistment program, said the top career counselor on post doesn't have to have the most Soldiers re-enlisted with his help, although duty performance is one factor brigade commanders use to nominate a noncommissioned officer

See Retention, Page 2



Maj. Gen. Dennis Hardy, commanding general, 24th Inf. Div. (Mech) and Fort Riley holds a gift T-shirt against the chest of Jason Holt March 1 in recognition of his father, Staff Sgt. John Holt (behind Jason) being named the post's Career Counselor of the Year. Holt's wife, Jamie, received flowers and their daughter, Jenna, received a teddy bear. Their 9-year-old son, Justin, could not attend the annual retention awards luncheon at Riley's Conference Center. Taking part in the ceremony is 24th Inf. Div. (Mech) and Fort Riley Command Sgt. Maj. Marvell Dean.

Post/Heronemus





Post, Army news briefly

Court-martial convicts NCO

On Feb. 27, Sgt. 1st Class Jay C. Quicksall was tried at a general court-martial and found guilty of one specification of possessing with the intent to distribute obscene cartoon images of minors engaging in sexually explicit conduct, one specification of knowingly transporting in interstate commerce six visual depictions of actual minors engaging in sexually explicit conduct and one specification of wrongfully using government computer equipment to view, upload, download and access child pornography.

The military judge sentenced him to be reduced to private, to be confined for 22 months and to be discharged with a Bad Conduct Discharge.

Riley's closed for lunch

Riley's Conference Center will not serve its lunch buffet March 10. The buffet will reopen March 13, as usual. For more information, call 239-2179.

Job fair slated for March 10

The Army Career and Alumni Program Center will host a job fair March 10. More than 30 employers will be present to visit with Soldiers and families to discuss available career opportunities.

These employers understand the skills that Soldiers and their families bring to the workplace. They will be available from 9 a.m. to 1 p.m. in Rooms 118C and 118D in Building 210 on Main Post. Resumes are not required. Professional ACAP counselors will be available to discuss questions about a successful job search.

For more information on employers scheduled to attend, visit the ACAP Center or call 239-2278 or 239-2248.

Job fair information, including a list of employers that will attend, also is available online at www.riley.army.mil or www.acap.army.mil.

New leaders take command

The 2nd Battalion, 16th Infantry, "Rangers" conducted an Assumption of Company Command Ceremony on March 6 in the battalion's conference room in front of family members.

Because the company commanders are leading units still standing up at Fort Riley, Lt. Col. Ralph Kauzlarich, "Ranger" battalion commander, said he felt that a ceremony was important, so he could "look the company commander in the eye, hand him his guidon and whisper words that sum up the importance of the new commander's undertaking ... to whom much is given, much is expected."

Capt. Tyler Andersen assumed command of Headquarters and Headquarters Company; Capt. Scott Smith assumed command of Company A; Capt. Jeff Jager assumed command of Company B; Capt. Greg Escobar assumed command of Company C; and Capt. Michael Jurick assumed command of Company D.

Tourney alters program times

The Big 12 and NCAA basketball tournaments that will air on Channel 13 will move "In Step With Fort Riley" to 4:30 a.m. for four consecutive Saturdays - March 11, 18 and 25 and April 1. "In Step With Fort Riley" will return to 7 a.m. air time beginning with the April 9 show.

Army treating more post-traumatic stress

By Jerry Harben
Army News Service

SAN ANTONIO, Texas - "We are seeing increased rates of Post-Traumatic Stress Disorder, anxiety and depression, which doesn't surprise us as we now have been at war essentially since 9/11/2001," said Col. Elspeth C. Ritchie, psychiatry consultant to the Army surgeon general.

"Leadership cares a lot about this," Ritchie said. "There has been a great deal of education for noncommissioned officers and leaders and more is being fielded."

An extensive array of mental health services is available, Ritchie said.

In Southwest Asia, more than 200 behavioral health providers are deployed. Division staffs and combat support hospitals have mental health specialists. Combat Stress Control Companies take mental health support to the units, including critical event debriefings when a unit suffers a casualty.

In garrison, psychiatrists and psychologists are available at hospitals and clinics and through the Triage program.

Other behavioral health pro-

grams, such as the chaplains' "Strong and Ready Families," suicide prevention programs, substance abuse prevention programs and family support groups also make valuable contributions to the overall mental health of the Army, officials said.

"Leadership, community prevention programs, and dedicated helping professionals in garrison and in operational theaters form the core of mental health support for our servicemembers and their families," Dr. William Winkler Jr., assistant secretary of defense for health affairs, told the House Armed Services Committee's subcommittee on military personnel last summer.

The Army surgeon general promotes a "Resetting the Force" concept built in three phases: decompression, reintegration and readiness reset.

"Resetting the Force comes from a realization that everybody needs a chance to retool and reconfigure after deployment. Programs are in place to help," Ritchie said.

As part of the reintegration process, redeploying Soldiers are briefed on what stressors to expect on homecoming, the com-

mon symptoms of post-deployment hyper-arousal and friction, ways to ameliorate these symptoms, how to recognize when further professional help is needed and how to access treatment services.

Soldiers returning home complete the Post Deployment Health Assessment, which screens for Post-Traumatic Stress Disorder and other deployment-related stresses, concerns about family issues and concerns about drug and alcohol abuse. A primary care provider then may refer Soldiers to on-site counselors or mental health departments of military treatment facilities if needed.

Soldiers now complete a Post Deployment Health Reassessment between three and six months after redeployment to detect conditions that are not immediately apparent.

Military One-Source provides convenient assistance, available 24 hours a day, seven days a week by telephone at (800) 464-8107, on the Internet at www.militaryonesource.com or by e-mail. It offers information and education services, referrals and confidential face-to-face counseling.

Civilian employees seek donated leave

Staff report

Several Fort Riley employees with personal or family medical emergencies face more than 24 hours of Leave without Pay. Some have asked fellow employees at Fort Riley to consider donating leave to ease their situation.

Current employees needing donated leave include:

Arnaldo Valdemar, Directorate of Logistics, control number CPACLT2304

Margaret Franzen, Directorate of Plans, Training, Maneuvers and Security, control number CPACLT2505

Valerie Fegurgur, Directorate of Public Works, control number CPACLT3105

Carter LaVon, Fort Riley University, control number CPACLT3205

Carolyn Christensen, DPW, control number CPACLT3605

Elizabeth Sims, MEDDAC, control number CPACLT3805

Daisy Simmons, MEDDAC, control number CPACLT3905

Anne Woodmansee, DPW, control number CPACLT4105

Fracyllyn Tomei, Southwestern Civilian Personnel Operations Center, control number CPACLT0206

Crystal Bethel, SWCPOC, control number CPACLT0306

Robyn Mabrey, SWCPOC, control number CPACLT0506

To donate annual leave to any of these individuals, civilian employees must complete an OPM Form 630a.

The form is located on the Civilian Personnel Advisory Center Intranet Web site under "Forms." OPM Web site <http://www.opm.gov/>.

Completed forms should be forwarded to: Durlene Bryson, Human Resources Assistant, CPAC.

For more information, contact an activity's administrative point of contact or Bryson at 239-6080.

Dean: Retention comes with knowledge

By Mike Heronemus
Editor

The "senior retention noncommissioned officer" at Fort Riley urged post career counselors March 1 to continue their successful effort in keeping quality Soldiers in the Army.

Sgt. Maj. Thomas Kelly, who heads the post's re-enlistment program, introduced Command Sgt. Maj. Marvell Dean, 24th Infantry Division (Mech) and Fort Riley command sergeant major, as the post's "senior retention noncommissioned officer" and keynote speaker for the annual post retention awards luncheon that day at Riley's Conference Center.

Fort Riley units exceeded their retention goals for fiscal year 2005, but Dean admitted this is a tough time for the Army, with the global war on terrorism, the force restructuring going on and trying to increase the manpower end-strength of the Army.

The reported shortfall in Army

recruitment is misleading, he said. It was a shortfall because recruitment goals had been adjusted to allow for an increase in the end-strength and to allow modularization of the forces into more brigade combat teams, he explained. The increased goals may have been missed, he admitted, but that was because the goals had been increased beyond usual goals.

Retention of quality Soldiers is a part of the overall recruitment picture, and Fort Riley career counselors successfully met their role in that mission in spite of factors making Soldiers think twice about re-enlisting.

Those factors include the global war on terrorism and not seeing an end to it, Dean said. That puts a lot of stress on a Soldier when it comes time to make that decision about staying in or leaving, he said.

Family separations caused by deployment or unaccompanied hardship tours are important con-

siderations for Soldiers thinking about staying in or leaving the Army, Dean said. "When you talk to Soldiers, the reasons they give for leaving are family pressure, frequency of deployments and predictability, not knowing from day to day what I'm going to be required to do."

To ease some of those concerns, leaders need to keep their Soldiers informed as much as possible, he urged.

Initial and mid-term Soldiers also are concerned about the time they have invested, Dean remind-

ed the commanders and career counselors attending the luncheon. They're asking themselves, "Is it enough (of an investment) to see it through to the end of a career?"

Right now, about 60 percent of initial termers choose to leave the military, Dean said.

Dean suggested the career counselors seek out some of the prior service Soldiers in their units and talk to them. "They'll tell you one of the things they missed while they were trying to adapt to a civilian world was the

sense of belonging to an organization. That's one of the reasons they chose to come back."

Those sergeants and peers of the initial term Soldiers thinking about re-enlisting can be valuable convicers about choosing to stay in the Army, Dean said. The initial term Soldier can relate to those sergeants and peers better than they can to a sergeant major or senior NCO, he added.

Mike Heronemus can be contacted at mike.heronemus@riley.army.mil or 239-8854.

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Retention

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for the honor.

The selection board considers the career counselor's entire nomination packet, including personal data and biography, and then grills the candidates on retention knowledge during a selection board comprised of staff sergeants and sergeants first class.

Candidates have to know everything about bonuses and re-enlistment options, Kelly said. "We also ask questions about the reserve component options," he said.

At the luncheon, post officials also recognized all major organizations on post for exceeding their set goals for retaining Soldiers.

The 1st Bde. re-enlisted 101 percent of its initial term Soldier goal, 108 percent of its mid-career Soldier goal and 193 percent of its career Soldier goals.

Initial term Soldiers are those who are on their first term of active duty service in the Army or who have no more than 180 days of accumulated previous active federal service.

Mid-career Soldiers are those on a second or subsequent term of active duty who will have no more than 10 years active service upon separation.

Career Soldiers are on their second or subsequent enlistment term and will have more than 10 years active service upon separation at the end of their current enlistment term.

The 3rd Brigade, 1st Armored Division, achieved 110 percent of its re-enlistment goal for first term Soldiers, 155 percent of its mid-career Soldier goal and 235 percent of its career Soldier goal.

U.S. Army Garrison achieved 120 percent of its first term Soldier goal, 139 percent of its mid-career Soldier goal and 233 percent of its career Soldier goal.

The 541st Combat Sustainment

Service Battalion achieved 145 percent of its initial term Soldier goal, 129 percent of its mid-career Soldier goal and 168 percent of its career Soldier goal.

Hardy and 24th Inf. Div. (Mech) and Fort Riley Command Sgt. Maj. Marvell Dean presented awards to organization retention teams attending the luncheon and to the post's Career Counselor of the Year.

Holt also received gifts from area businesses, including free use of a new car for 10 days, a U.S. Savings Bond, a Post Exchange gift certificate and a stay at a hotel in Kansas City, Mo., recognizing his award.

"We talk about an Army under stress, coming apart at the seams, running ourselves ragged and people voting with their boots (leaving service)," Hardy said after presenting the first organizational retention award.

"The fact is the majority of these Soldiers who have re-enlisted (at Fort Riley) have deployed and are combat veterans, some are combat veterans a couple of times.

"The fact is we're exceeding our retention goals," Hardy said, countering national news coverage that paints the Army in a bad light as far as recruitment and retention is concerned.

"This year (FY 2006), for career and mid-term (re-enlistments), we're way over where we ought to be right now," Hardy said.

"We're a little under initial term goals, but it's not a matter of Soldiers not wanting to stay in, it's a matter of them choosing the best time to re-enlist to take advantage of available bonuses," he explained.

"The fact is we're not coming apart at the seams," Hardy reiterated.





Man and machine continued from page 1

they react to that," said Maj. Tyler Kundel, battalion operations officer.

One of the Soldiers' duties in this exercise is to distinguish friendlies from foes.

"As they enter the room, they're not just shooting at everything, they're paying attention to surroundings," Batchelor said.

Cardboard enemies and friendly civilians hung on the walls of the rooms Soldiers were clearing. The Soldiers' job was to take out the enemy and leave the unarmed civilians unharmed.

"We try to make it as realistic as we can and then make it as challenging at the same time," Kundel said.

Battalion veterans who returned last June from a year-long tour to Iraq used their experiences to help the new Soldiers better prepare for war.

"As we gain new Soldiers, what these experienced veterans are doing is teaching them how to react under various conditions they encounter," Kundel said.

Soldiers like Pvt. Tyler Goldsby of Company B, 1st Bn., 41st Inf., are utilizing their leaders' experience and advice to help them better prepare for future missions.

"They're helping us learn what goes on over there so that when we do go, we're trained up and ready," he said.



Post PAO/Blackmon

Soldiers of Co. B, 1st Bn., 41st Inf., take cover as they engage "enemy" targets at a mock militia training camp.



Post PAO/Blackmon

Bradley commander Staff Sgt. Travis Gallion (left) and Bradley gunner Spc. Bryan Potter of Co. B, 1st Bn., 41st Inf., head back for an after action review after finishing one round of platoon live-fire training at Range 53 Feb. 23.

16th Inf. continued from page 1

reinforced with members of the 'Iron Rangers' Headquarters and Headquarters Company to better suit the dynamic mission they will fulfill while deployed," Zachar said. "Iron Rangers" is the nickname for 1st Bn., 16th Inf.

"The unit has undergone a rigorous training program beginning with a Mission Rehearsal Exercise at the Joint Readiness Training Center at Fort Polk, La. This is a two-month long 'Iron Ranger' intensive training cycle culminating with a training academy and military-to-military Situational Training Exercise at Fort Riley.

"Without a doubt, the Soldiers of 'Attack Company', and its

command team, led by Capt. (Joel) Huelsmann and 1st Sgt. (Christopher) Spivey, are fully trained, capable and eager to perform any mission they are assigned while deployed," Zachar said.

Huelsmann has been Co. A's commander for 16 months and is an Operation Iraqi Freedom vet.

The company will be moving into a mature theater of operations. Camp Lemonier, houses about 900 troops living in climate-controlled tents. The camp was described as "...very, very austere but very, very safe" by

Marine Maj. Gen. John Sattler, the task force commander.

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Post/Stairrett

Lt. Col. Chad LeMay (behind), 1st Bn., 5th FA, commander, watches targets downrange as Pfc. Jason Degarmo pinpoints them with a ground laser location designator March 1. LeMay said he likes working with Soldiers and being around them keeps him motivated.

By Amanda Kim Stairrett
Staff writer

Soldiers in "Hamilton's Own" celebrated 230 years of military service March 1 by blasting stuff to pieces.

The week of Feb. 27 was historic for 1st Battalion, 5th Field Artillery, 1st Brigade, 1st Infantry Division. In their last week of live-fire training before the battalion's remissioning from a heavy artillery organization, it celebrated its birthday.

The 1st Bn., 5th FA, boasts the longest unbroken lineage of any active duty unit in the U.S. Army, according to its Web site.

Seventeen of the battalion's 18 155mm howitzers were in the field demonstrating their firepower March 1. About 30 Soldiers of the 1st Battalion, 16th Infantry Regiment, 1st Bn., 5th FA's, fire support unit, attended the exercise, too.



Post/Stairrett

Soldiers in Btry. D, 1st Bn., 5th FA, fire "Old Thunder," a replica of a Revolutionary War era cannon. The cannon was taken to the field in celebration of the battalion's 230th birthday. The firing was timed in conjunction with the battalion Paladin discharge.

"Old Thunder," the unit's replica of a Revolutionary War cannon went to the range, too, for a special firing in honor of the birthday. A ceremonial firing battery packs the cannon with a charge to produce smoke as if it were being fired during ceremonies on post.

For the birthday celebration, Soldiers in period costumes fired the cannon as Soldiers in their 155mm self-propelled Paladins fired on the range. Everything was timed to appear that the exploding rounds down range came from "Old Thunder."

The battalion's Battery D is responsible for manning the cannon, and 1st Lt. Gustavo Cobega said his Soldiers took a great deal of pride in their role. The cannon was recently restored, and this was the first firing since it was repainted, refinished and weather-proofed. Cobega said the cannon



Post/Stairrett

Billowing smoke is visible through the scope of a ground laser location designator.

was last restored six years ago.

Lt. Col. Chad LeMay, 1st Bn., 5th FA, commander, was in the field to celebrate the battalion's birthday and lead its last live-fire exercise. He said this last mass fire was good for the Soldiers because it had been a while since they trained in their primary Military Occupational Specialties.

The last time they were in the field for this type of training, the battalion was qualifying the Paladin crews for the live-fire gunnery the end of February and first week in March. Before that, training consisted of practice to deploy to Iraq in motorized companies. That training will be applied in the battalion's remissioning to provide security for companies, convoys and Forward Operating Bases, LeMay said.

Looking back on his 18 years of service, LeMay said what always kept him motivated was being around the Soldiers.

"It is fun for me to watch the end result of all their efforts," he said.

LeMay arrived at Fort Riley in May 2005.



Post/Stairrett

Lt. Col. Chad LeMay, 1st Bn., 5th FA, commander, watches the impact of howitzer rounds March 1. It was the battalion's final live fire exercise before it's remissioning.

When the howitzer rounds buzzed overhead, Soldiers at the observation point held up cameras or peered into their binoculars to watch the explosions downrange. They watched enthusiastically as if each round were the first. A volley of explosions always got the biggest cheers.

Pfc. Matthew Amezcua was one of the Soldiers watching from the observation point, and said he likes going to the field for exercises like this. "We have a lot more fun in the field than in garrison," he said.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@riley.army.mil or 230-3977.



Commentary

Friday, March 10, 2006

Fort Riley Post

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Riley Roundtable

This week's question:

In fiscal year 2005, every major military organization at Fort Riley exceeded re-enlistment goals for initial term, mid-career and career Soldiers. What do you think is keeping Fort Riley Soldiers in the Army?



"Job stability. Even with deployments, you definitely got a job and a paycheck."

Sgt. Leslie Hunt
Truck driver
2nd Heavy Equipment
Transport Company
Home: Moultrie, Ga.



"The education benefits. That seems to be what most individuals in my platoon went for. They make themselves more marketable in the Army and if they get out."

1st Lt. Jason Ling
Platoon leader
Company A, 1st Battalion,
41st Infantry
Home: Burlington, Wis.

"Knowing we can prevent future war in the world and make it better for our children. Education benefits. Bonuses are good but you just get the money one time. With education you make more money."

Pfc. Suzan Monson
Supply clerk
Forward Support Company,
1st Engineer Battalion
Home: Americus, Ga.



"The benefits. The health care, exchange system. Those are benefits I enjoy every day. They're important to my family."

Pfc. Donald Picard
Information systems analyst
2nd Battalion, 16th Infantry
Home: Fairfield, Ohio



"The benefits and job security. Medical benefits and... there's just so many of them (benefits). But, being separated from your family keeps some people from re-enlisting."

Spc. Jorge Pineda
Tank mechanic
2nd Battalion, 34th Armor
Home: Plainfield, N.J.

Next week's question:

Women's History Month is this month. What do you think women have contributed to the United States and to the military?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

Need to call for help?

Fort Riley domestic violence and sexual assault response line (24 hours) - (785) 307-1373
Fort Riley Victim Advocate Program - (785) 239-9435
Chaplains - (785) 239-4357
Irwin Army Community Hospital emergency room - (785) 239-7777
Military Police (785) 239-MPMP (6767)
Local Police (on and off post) - 911

For confidential, free services, including safe shelter, call The Crisis Center, Inc. (24 hours) - (800) 727-2785
Kansas Statewide Hotline - 1-888-END-ABUSE (363-2287)
National Domestic Violence Hotline - 1-800-799-SAFE (7233)

By Pete Wiemers
Community Health Nurse

One of the strongest predictors for heart disease is measured in two numbers that indicate your blood pressure. Do you know what they mean?

The first or top number is systolic blood pressure. That is the pressure of blood against artery walls during a heartbeat, when the heart is pumping blood.

The second number is diastolic blood pressure. That is the pressure of blood against artery walls between heartbeats, when the heart is filling with blood.

Normal blood pressure is 119 over 79 or below.

Prehypertension is 120 to 139 systolic or 80 to 89 diastolic.

Do these numbers seem a bit lower than you remember?

What's considered a normal blood pressure was redefined in May 2003 when guidelines were revised to include a new category - prehypertension. Experts recommend that people with prehypertension - an estimated 45 million men and women - make heart-healthy lifestyle changes to reduce their risk of blood pressure complications, such as heart



Pete Wiemers

However, too much cholesterol or not enough of the good type of cholesterol floating around in your blood increases your risk for hardening of the arteries. That can lead to heart disease, heart attack and stroke.

Cholesterol is considered abnormal when the total cholesterol is 200 or higher, the HDL or "good" cholesterol level is less than 40 and the LDL or "bad" cholesterol is more than 160 - lower if you have risk factors - with 190 and above being very high.

However, the lower the LDL, the better. An LDL less than 100 is considered optimal, 100 to 129 is near optimal, 130 to 159 is borderline high.

disease, stroke and kidney damage.

Probably the most familiar heart disease risk factor, cholesterol, is a type of fat that is an essential nutrient for your body.

The Body Mass Index is an indirect measure of body fat and a quick way to see if you are overweight.

BMI may be overestimated in people with a lot of muscle mass, such as body builders. It may also be underestimated in older people who have very little muscle mass.

BMI uses a person's weight and height to gauge total body fat.

A BMI of 18.5-24.9 is ideal. A BMI of 25 to 29.9 is overweight.

ABMI of 30 or more indicates obesity. A BMI of 40 or more indicates morbid obesity, which increases a person's risk of death from any cause by 50 percent to 150 percent, according to The Cleveland Clinic.

Being overweight and getting too little exercise greatly increases the risk of Type 2 diabetes. It should not be taken lightly. It can lead to heart disease, stroke, kidney disease and even blindness.

A fasting blood sugar test after not eating or drinking anything but water for at least 12 hours is most commonly used to diagnose Type 2 diabetes. A normal fasting blood sugar is 100 or less. Predi-

abetes is a fasting blood sugar of 101 to 125. A fasting blood sugar of 126 or greater indicates diabetes.

Exercise is important. The American College of Sports Medicine recommends aerobic exercise three to five days a week for 30 to 45 minutes. This doesn't have to mean strapping on the leotards and joining others in the gym. Exercise that strengthens the heart comes in all forms - biking, swimming and jogging are a few.

In support of a healthy heart, Irwin Army Community Hospital furnishes several wellness classes. The Community Health Nurse, Preventive Medicine Service, provides Self-Care Classes. Call 239-7323 to join a class.

The Nutrition Care Division provides outpatient dietary consultations, classes on heart health, weight loss and diabetes. Those interested in attending one of these classes can call 239-7644.

Heart Healthy and Diabetes Education from 10 a.m. to 5 p.m. on the fourth Thursday of each month are by referral only.

DoD changes

Tricare increase would ease costs

By Bill Yamanaka
Army News Service

The Department of Defense is considering raising Tricare premiums for retirees under age 65 as a way to control the long-term costs of military healthcare and save the benefits for future servicemembers.

Without this increase, there is concern that long-term costs may eventually diminish the benefits provided and impact the nation's defense capability and national security.

"Tricare has improved steadily in recent years," said Dr. William Winkenwerder Jr., assistant secretary of Defense for Health Affairs. "Independent surveys show Tricare ranks as one of the nation's best health plans."

Unique benefits include a national network of more than 220,000 physicians, all U.S. hospitals and 55,000 retail pharmacies. Military medical facilities have one of the best electronic health record systems in the world.

Winkenwerder pointed out the issue at hand:

"Tricare's costs have more than doubled in five years from \$19 billion in fiscal year 2001 to \$38 billion in fiscal year 2006, and analysts project these costs to reach \$64 billion by 2015 - more than 12 percent of DoD's

anticipated budget. It's at 8 percent today."

Costs have grown because of expansion of benefits, increased use by retiree beneficiaries, health inflation and no change in Tricare premiums in the past 10 years.

Large numbers of under-65 retirees are dropping employer-sponsored healthcare plans and relying on Tricare.

As a result, DoD increasingly subsidizes healthcare costs for many private-sector companies and some state governments.

Total beneficiary cost shares have declined substantially. Beneficiaries paid 27 percent of their service cost in 1995 but only 12 percent in 2005.

It is essential to restore an appropriate cost-sharing relationship between beneficiaries and the Defense Department as an employer and provider of Tricare.

DoD has a plan to address this very important issue so that the military health benefit program can be on a fiscally sound foundation for the long term.

A reasonable approach, achieved in a stepwise fashion, will be to re-establish the proportional level of individual cost sharing of 1995.

This plan will have no impact on active-duty personnel or over-65 retiree beneficiary premiums.

Grunt By Wayne Udden

WHO SAVES
THA CAVALRY
WHEN THEY'RE
IN
TROUBLE??



FORT RILEY POST

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Command message

Women contribute much to America

By Maj. Gen. Dennis Hardy
Commanding General

Women's History Month is celebrated March 1-31 throughout our nation. The theme for the observance is "Women: Builders of Communities and Dreams."

On March 22, from 11:45 a.m. to 12:45 p.m., the Equal Opportunity Office will sponsor a free program in celebration of Women's History Month. Brig. Gen. Belinda Pinkney, deputy director, Defense Finance and Accounting Service, will be the guest speaker.

This event will take place at Riley's Convention Center and is open to all Soldiers, their fami-

lies and civilian employees.

I encourage everyone to participate in activities supporting this annual celebration that highlights and honors the struggles, accomplishments and ongoing essential contributions

women have made to our country.

During this celebration, the Equal Opportunity Office can offer ideas and resources to assist commanders and directors in developing observances and displays or giving cultural awareness classes.

Commanders and supervisors are encouraged to provide support to personnel who plan to conduct, promote or attend observances commensurate with mission and training requirements.



Maj. Gen. Dennis Hardy





Sergeant's Training: Time to train on

Editor's note: Following is one in an occasional series of stories featuring the Soldier at Fort Riley performing his or her normal duties.

By Anna Morelock
Staff writer

Cpl. Michael Mazingo is back in the Army and said there's no

place he'd rather be working. Mazingo said he joined the first time at age 17 but got out after his first enlistment because he thought there would be better opportunities in the civilian world.

While searching for his place in the civilian world, Mazingo said he often told his wife stories about his previous two years in the military. She finally asked him why he didn't just re-enlist if he liked it so much.

His father and three brothers served in the Air Force, but Mazingo chose the Army because he said he felt it gave him more opportunities than the other branches.

Mazingo's been back in uniform for five years and said he plans to stay until retirement.

"My goal is to continue to improve," he said.

Mazingo said his goal is to become a warrant officer or a drill sergeant. The beginning of February brought Mazingo one step closer to that goal when he was promoted to sergeant.

For now, Mazingo works as a squad leader for Headquarters and Headquarters Company, 1st Engi-



neer Battalion, and this is one day in his life at Fort Riley:

0615 hours, 28 Jan 2006:

A line of Soldiers filed into the doorway of the arms room as they waited to draw weapons for the day's sergeant's time training. Mazingo walked out of the room with the first hitch of the day. The ammunition needed for training was locked in a safe and they couldn't get it out.

Planning for the training had been under way for two weeks and there are still issues, Mazingo said. "Murphy's Law is getting us."

0630 hours, 28 Jan 2006:

Mazingo learns of the second issue of the day. The vehicle that

was supposed to be used for the day's training wasn't signed out in time and wouldn't be available. Mazingo solves that problem by telling the other squad leaders, who were the opposition forces for the day, to take his personal vehicle to set up the route for the Soldiers.

0640 hours, 28 Jan 2006:

The Soldiers, loaded down with their rucksacks packed with the battalion's standard weight, headed to the motor pool. Mazingo walked to his own vehicle to gather his gear.

"It's challenging," Mazingo said of his job, "but it's the challenges that make it worth coming in every day."

0710 hours, 28 Jan 2006:

With the platoon gathered in the motor pool, the day's training began. Mazingo set up the dry erase board and began explaining fire team formations and reviewing basic Soldier skills.

The group of mechanics answered questions and watched as Mazingo drew formations of circles and lines on the board. This was new training for the pla-

toon, and they seemed excited to practice their Soldiering skills instead of having mechanic training.

0742 hours, 28 Jan 2006:

Mazingo began his threat briefing. The platoon members were to be "dropped" into a safe area and make their way to their objective. An overhead bridge along their path was known to hide improvised explosive devices, Mazingo told them.

"Hint, hint," said Platoon Leader 1st Lt. Rebecca Walsh.

0747 hours, 28 Jan 2006:

Three boxes of Meals Ready to Eat were stacked in front of the group. Each Soldier was instructed to grab two. They had 30 minutes to eat one for breakfast and prepare themselves for their mission.

0759 hours, 28 Jan 2006:

While the Soldiers readied their plans, Mazingo picked up his cell phone and called to check on getting ammunition for the training. A truck would meet them

Continued on next page



Post/Morelock

Back in the motor pool after training, Mazingo (right) goes over the good and bad points of the day with his Soldiers.

JIM CLARK
2 x 4"
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2nd Bruce Barnett

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real Soldiering, to learn from mistakes

at the training area with the blank rounds they needed.

0820 hours, 28 Jan 2006:
The Soldiers presented their plans to the platoon leaders and strapped on their rucksacks to begin the 2 1/2-mile hike to their objective.

0928 hours, 28 Jan 2006:
Four teams spread out along both sides of the road as the team leaders converged to decide where to head next. Beyond the teams loomed the overpass where the first suspected IED was hidden.

"A meeting of the minds if you will," said Walsh, as she watched her platoon huddle next to the road.

After deciding how to best pass the obstacle, four Soldiers moved out.

0948 hours, 28 Jan 2006:
The four Soldiers moved up to the bridge but not without trouble. A sniper in the area hit two of the Soldiers, killing one of them. The rest of the force was at a standstill. "This is when hand and arm signals are important," Mazingo said.

The Soldiers needed help, but their radio wasn't working and the main force was too far behind them on a hill.

This type of training was new for the Soldiers and they didn't have their squad leaders, someone has to take charge, Mazingo said.

1003 hours, 28 Jan 2006:
With no shot fired for more than 10 minutes and the Soldier's



Post/Morelock

Members of the platoon spread out along the route passing through an overpass as they wait for the rest of their teams to come through.

still stuck in their positions, Mazingo paced in front of a row of trees. "What are we gonna do? What are we gonna do?" he yelled at the group.

1010 hours, 28 Jan 2006:
With wild gestures, the group by the bridge finally communicated to the rear. The main force took cover in a stand of trees, a convoy rumbled down the road

and "set off" the IED under the bridge.

The group didn't have a good plan of action at all, Mazingo said, but they needed to learn.

Mazingo brought experience from his first time in Iraq to the training. "It's amazing how little we knew and how much we learned," he said. "IEDs are the hardest thing to train for."

1033 hours, 28 Jan 2006:

The platoon finally cleared the bridge and made its way to the objective.

1043 hours, 28 Jan 2006:
Further up the road, the teams scouted for possible IEDs.

"What's that over there," said one Soldier, motioning to a paper bag on the side of the road.

"Is it an IED?" said another. Finally a fist went up in the air and the platoon came to a halt.

"Everyone from here up is dead," Mazingo said pointing at a Soldier on either side of the road and motioning forward. The group had come too close to the IED.

"The worst thing is indecision," Mazingo noted.

1055 hours, 28 Jan 2006:
One more IED later, the platoon gathered in a clearing to get their after action review.

"The major reason for dying was frustration," Mazingo said. The group was in a hurry to get to the training, he said. The Soldiers were complacent walking down the road. If it takes four hours to get down the road that will be the best four hours ever spent if a Soldier makes it out alive, Mazingo said.

"Who believes their leaders failed them?" Mazingo asked. Hands shot up around the field.

"We set you up for failure," Mazingo explained. "How can you do it right if you haven't done it wrong? We'll re-evaluate and do it again."

1130 hours, 28 Jan 2006:
Soldiers lounged on their rucksacks and tore the tops off their MREs while the new team leaders received a briefing.

1158 hours, 28 Jan 2006:
Mazingo called a Soldier over and told him to grab a bag out of Mazingo's ruck. The Soldier opened the bag and pulled out a bag of candy. With a grin, he passed it out to the teams.

"This is the good part about being an NCO," Mazingo said of

the training. Mazingo said he often sees parallels between his life as a father of three and his work with his Soldiers.

"Being a father has really helped me be a better NCO," he said, "and being an NCO helps me be a better dad. My children help me have patience at work."

1236 hours, 28 Jan 2006:
Briefings over, the team members head out on their next mission. Spread out in the fields, they started off along the road.

"Mister, mister," shouted Spec. Reginald Davis, "No IED! No IED!"

Davis, the group's Iraqi interpreter shouts at the Soldiers and points to a string strung across the road.

"He won't step on it though," observes one Soldier as Davis continues to wave the Soldier's forward shouting that the way is safe.

Davis, still trying to wave the group on finally picks up the string waving it back and forth to show them it was safe.

"Someone needs to keep an eye on him," shouts the group's medic, motioning towards Davis.

Davis continues running around the troops, motioning them forward and telling the Soldiers the way is safe.

The Soldiers, grumbling and yelling at Davis, do their best to ignore him and lay in the grass eyes peeled for the enemy.

Gunfire rings through the air and the Soldiers along the south side of the road lie dead. Davis,

See Mazingo, Page 9

CHANGING TIMES BOUTIQUE
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Army to re-investigate former NFL player's death

By **Gerry J. Gilmore**
AFPS

WASHINGTON — The Defense Department has asked the U.S. Army to launch a criminal investigation into the circumstances surrounding the death of Cpl. Pat Tillman, who was killed in the spring of 2004 during a combat operation in Afghanistan.

On March 3, the DoD inspector general's office notified the U.S. Army Criminal Investigation

Command at Fort Belvoir, Va., of the need to re-examine the details of Tillman's death to determine if he died as the result of a possible criminal act, a U.S. Army spokesman said March 5.

Tillman, a National Football League player with the Arizona Cardinals before he enlisted in 2001, was killed April 22, 2004, in Afghanistan. He was 27 years old. Tillman and his brother enlisted in the Army after the terrorist attacks on the United States. Tillman was a member of the

75th Ranger Regiment from Fort Lewis, Wash., when he was killed. NBC's "Meet the Press" March 5, host Tim Russert asked Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, why previous investigations apparently haven't answered all questions on the Tillman's death.

"First of all, the Tillman family has gone through enormous anguish, and the fact that that has happened to them is really regrettable," Pace said.

And, each of the previous

investigations was performed as thoroughly as possible by the investigating officers at the time, Pace said.

"But, in the review process it was determined that some other factor needed to be looked at to ensure that we had a complete picture," Pace said.

For example, previous investigations into Tillman's death had concluded there was no apparent evidence of wrongdoing.

However, "the investigators did not specifically look at

whether or not there was criminal activity" involved in Tillman's death," Pace said.

The Army conducted three investigations into Tillman's death — two at unit level and one by U.S. Army Special Operations Command at Fort Bragg, N.C.

The inquiries concluded that friendly fire killed Tillman, the Army spokesman said.

The service disciplined seven Soldiers in Tillman's unit. Three received reprimands for failing to "provide adequate command and

control" during the incident and four received Article 15 non-judicial punishment for "failure to exercise sound judgment and fire discipline," according to Army officials.

"The U.S. Army remains committed to thoroughly investigating each battlefield death case," Army spokesman Paul Boyce said March 5.

"We owe this to the families and to the American public and we take this seriously," he added.

Army speeds discharge of 'non-participant' reservists

Army News Service

WASHINGTON — Under a personnel initiative, Army Reserve and National Guard Soldiers who do not attend required weekend training may soon face streamlined discharge procedures and possible loss of benefits.

In the past, reserve component Soldiers who did not attend the required number of battle assemblies were sometimes transferred from their unit into the Individual Ready Reserve.

Now these "non-participants" may be expeditiously discharged from the Army and could lose benefits, according to GI officials. They said the type of discharge will be determined on a case-by-case basis.

Under the new initiative, non-participating Soldiers will first be encouraged to resume training with their unit, officials said.

The notification procedures for separating Soldiers who do not train with their unit will be abbreviated under the new policy.

In the past, four certified letters had to be sent to Soldiers who were not attending training.

Non-participants to get only 1 notice

Now, one notification will be sent and a Soldier will have 30 days to respond. If the Soldier does not respond and return for training, officials said his file will be reviewed by a board to determine the type of discharge to be

administered.

The abbreviated notification procedures for separation will be phased in regionally over a 12-month period, beginning with the East Coast.

"The Reserve component will take a full inventory of Soldiers assigned to Reserve units," said Lt. Gen. James R. Helmly, chief of the Army Reserve.

"This inventory will identify those Soldiers that have failed to participate in required unit training and have, therefore, been identified as unsatisfactory participants," he said.

The expected result will be fewer non-participants on unit rosters, providing a more accurate picture of unit readiness, officials said.

At the same time, other Soldiers can be recruited or promoted into the resultant vacancies.

Col. Elizabeth F. Wilson, deputy director of Military Personnel Management for the Army G1, said the Army is at war and transforming and must take a full accounting of Soldiers assigned to Army Reserve and Army National Guard units.

Unearned incentives will be paid back

If Soldiers do not resume mandatory training when encouraged, Wilson said they will be processed for separation and, if appropriate, required to reimburse the government any unearned portion of incentives they have been

paid.

"The demands of the Global War on Terror have magnified our need to better reconcile RC unit rosters," Wilson said. "It's always been the intent to effectively manage RC Soldiers who are determined to be unsatisfactory participants, but the process can be administratively cumbersome and executed with varying degrees of rigor."

A temporary exception to policy and streamlining notification procedures for Soldiers who are considered for separation will help RC leaders and administrators initiate separation actions in a timely manner, Wilson said.

"The execution of this realignment will be done at the reserve component level, and will allow

commanders and managers to begin from an unprecedented vantage point to better manage the force," she said.

An estimated 15,000 reserve-component Soldiers are not participating in required weekend training, officials said. But they pointed out that as of March 2006, about 100,000 Army National Guard and Army Reserve Soldiers were serving on active duty.

House fill ad

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POST service directory





Post, Army news briefly

Family group slates meeting

The "Black Lions" Battalion Family Readiness Group meeting is scheduled for 5:30 p.m. March 14 at Army Community Services on Custer Hill.

Noel Waterman, the FRG Leader will address the Black Lion families and present information about battalion FRG's program.

BOSS plans bowling party

Fort Riley's Better Opportunities for Single Soldiers is planning a St. Patrick's Day Bowling Party at Custer Hill Bowling Center beginning at 8 p.m. March 17.

For more information, call 239-8147.

Portal speeds tuition aid

Army Education is undergoing a revolutionary modernization and new automated process called Centralized Tuition Assistance Management. This will give Soldiers virtual access to request tuition assistance online through a new portal.

The eArmyU portal will be replaced by the GoArmyEd portal. It will be formally launched April 1.

Soldiers will be able to request TA and register for courses online. Education Services at Fort Riley will be conducting postwide informational briefings for Soldiers at Barlow Theater at 9:30 a.m. and 1:30 p.m. March 24 and 27.

For further information and to schedule briefings at unit level, contact an Army Education counselor at 239-6481 or 239-9485.

Army offers \$1,000 reward

The U.S. Army Criminal Investigation Command is offering a \$1,000 reward for information leading to the identification, apprehension and conviction of the person or persons responsible for indecent assault on a Soldier.

The incident occurred between 11 p.m. Feb. 7 and 1 a.m. Feb. 8 when an unknown person entered Building 8018 on Fort Riley and indecently assaulted a Soldier living on the second floor of the building.

Anyone with information concerning this incident should call Special Agent Emey Brantley at the Fort Riley CID office, (785) 239-3931, or the Fort Riley military police at (785) 239-6767.

STATE FARM INSURANCE

1 x 6"

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1x6 Bentz

Mazingo

continued from page 7

left to run around at will, came up behind the Soldiers and killed about half the force. On the other side of the road, the teams who have identified their enemy, fire ahead at the opposition force.

1255 hours, 28 Jan 2006:

Mazingo, circling a finger in the air, called the Soldiers back to the road. With the wind whipping around the group, the team doubled back on their path, picking

up spent ammunition along the way.

1352 hours, 28 Jan 2006:

Donning their rucksacks, the group heads back down the hill and toward the motor pool.

1441 hours, 28 Jan 2006:

Back at the motor pool, the Soldiers dropped their rucksacks and took their weapons into the office to clean them. Mazingo began the final AAR of the day.

"Would you rather I told you all the proper way to do it," he asked. "Do you think you could have executed without making the same mistakes?"

"What you see on paper and what you apply are two different things," he added. "You can read about how to play football, but if you don't go out and play football, you don't know how to play football."

Mazingo, back at the dry erase board, wrote two words at the top: "good" and "bad." The group shouted out different aspects of the training that they liked and didn't like.

At the top of the "good" list was the fact that the group got to do Soldier training instead of mechanical training. Candy also made the good list, while Davis as the interpreter and the lack of communications made the list of bad.

After the Soldiers completed their list of good and bad for the noncommissioned officer leaders,

Mazingo started his list for the Soldiers.

He started the list by complementing the group on paying attention. The Soldiers took in the information they got in the morning even though they may not have realized it, he said.

"Once you saw what could go wrong, you guys were able to turn it around and do it right without it being re-explained," Mazingo said. "That means you guys absorbed the information, and that's good."

One of the Soldier requests was for more simulators during the training.

"We're all past the age of five, so it's hard to play make believe,"

Mazingo noted. "You guys pressed forward even though there were a lot of things simulated that you couldn't see, that you had to use your imagination on."

Mazingo also commended the group on its teamwork.

"I saw a couple privates step up and take charge," he said. "That's what should happen. Everybody should be able to take charge at any time."

The second time through the mission the Soldiers did really well, Mazingo said, except for the problem with Davis, the interpreter.

"Overall, you guys did great today," Mazingo concluded. "I was really proud of all of you."

"Cpl. Mazingo is a good guy. He's a family guy and an Army guy. He's the best Soldier in the entire battalion," said Walsh, noting her bias because he was a part of her platoon.

1630 hours, 28 Jan 2006:

Mazingo opened the back of his personal vehicle and loaded his gear back in before heading to formation. "It's been a really good day," he said. "The Soldiers had a good time."

Anna Morelock can be contacted at 239-3032 or anna-morelock@riley.army.mil.



Post/Morelock

Sgt. Steve Blankley and Cpl. Jason Ropar use a wire, sandbag and pop bottle to simulate an IED at the base of an overpass.

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2x8 Eastside Mkt.





LATE Briggs ad
6 x 21.25"
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Fort Riley Community Life

Friday, March 10, 2006

America's Warfighting Center

Page 11

Community news briefly

OCSC sets Irish Luck of the Bowl

The Fort Riley Officers' and Civilians' Spouses' Club will host a day of bowling beginning at 11:30 a.m. March 16 at the Fort Riley Bowling Center. Shoe rental, bowling and a taco bar will be included for \$5.

R.S.V.P. to Holly Smith by March 8 at 784-8454 or reservations@fortrileyocsc.com. For child care reservations call Debra Parker at 784-2793 by March 12.

Easter brunch, egg hunt planned

Military families are invited to an Easter brunch and egg hunt at Riley's Conference Center April 16.

Brunch will be served from 11 a.m. to 1:30 p.m. Cost is \$17.95 for adults age 17 and older and \$7.50 for children ages 3 to 16. Children under 3 eat free.

Three free egg hunts will be conducted on grounds adjacent to Riley's, with the first beginning at 2 p.m. Hunts will be arranged according to age groups determined by those present. Easter treats for all age groups will be available.

For more information or to make reservations, call (785) 784-1000.

Art workshop planned

Child and Youth Services will offer an art workshop in Building 6620 from 11:30 a.m. to 1 p.m. March 20 through 24. Children ages 6 and older are welcome. Registration begins Feb. 15 in Building 6620. Cost for the weeklong workshop and art supplies is \$35. Participants must bring a sack lunch. For more information, call 239-4847.

SKIES offers guitar classes

Child and Youth Services' SKIES program offers guitar classes. Sessions of group guitar lessons will be offered from 7 to 8 p.m. and from 8 to 9 p.m.

The 7 p.m. class is for children 6 to 10 years old. The 8 p.m. class is for children 11 to 18 years old. Classes must have at least five and no more than 10 students signed up.

For more information, call Central Registration at 239-4847.

Special Olympics invites families

The local Special Olympics group invites families who have special needs individuals to join them and to participate in upcoming events throughout the year.

Special Olympics is a worldwide program providing year-round training, education and athletic competition in a variety of Olympic-type sports for people age 8 and older with mental and physical retardation.

For more information, call Geary County representatives Otis Scroggins at 238-1342 or Bob Alan at (785) 762-2149.

Stay in Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

K-State hosts high school students

By Lindsay MacAdam
Kansas State University

MANHATTAN - Excitement, musical acts, chic housing options and learning about a great education. Too good to be true? Not at Kansas State University's All-University Open House.

High school students and their families are invited to experience K-State from 9 a.m. to 3 p.m. April 8. The All-University Open

House, on the K-State campuses in Manhattan and Salina, is free and no registration is required.

This year's theme is "Welcome to Fabulous Open House, K-State 2006."

Throughout the day, each K-State college will be showcasing its top acts.

Students can meet with faculty and staff to find out about K-State's more than 200 academic programs. Representatives from

admissions, student financial assistance, housing and other student services and organizations will be on hand.

In addition to exploring K-State's academic programs, high school students and their families can enjoy a variety of entertainment, including local music acts, magic shows and a K-State dance production. A new feature this year is the Housing Expo, which showcases student housing

options. Several tours will be given throughout the day, including stops at residence halls, Greek houses and scholarship houses. Hale Library, the Marianna Kistler Beach Museum of Art and the K-State Alumni Center also will be open.

The K-State Alumni Association is offering a special program for high school sophomores in conjunction with the All-University

Open House. "For Sophomores Only" lets students find out what college is like, meet other future K-Staters and learn how to choose a college.

More information on For Sophomores Only is available at: <http://www.k-state.edu/FutureKStaters/Sophomores.asp>.

More information about All-University Open House activities is available at: <http://consider.k-state.edu/openhouse>.

Quarter mania

Fort Riley Thrift Shop hosts sale

By Mike Heronemus
Editor

Five minutes before the door opened March 4, a larger-than-normal Saturday crowd stood in front of the Post Thrift Shop. The store offers some real bargains on used merchandise, but that day shoppers expected even better bargains.

The advertised 25-cents-per-item yard sale had been moved inside because of cold, rainy weather, said Brenda Sandoval, who takes over as store manager March 14. Inside, the clothes, books, records, toys and other items sat on tables and hung on racks in one room that also contained some more costly items, such as like-new exercise equipment tagged to sell as cheaply as \$35, some skis, some furniture and some children's bicycles.

The crowd that pushed through the door at 10 a.m. numbered more than the usual first-Saturday-of-the-month shoppers at the store, Sandoval confirmed. She was happy to see that because the store needed to move a lot of excess merchandise to make room for what it expected to get after the first postwide yard sale, usually scheduled in the spring. No date has been announced for that sale.

If the store's yard sale goes well, store manager Tracey Sosa promised the staff would organize another one. "It's a good way to purge our inventory before the post-wide yard sale," she said.

Julia Miller, a student at Fort Riley Middle School, paid a quarter for a new purse with money her mother had given her. Her mother, Connie Miller, said she found out about the yard sale from an article in the Post newspaper. She's a regular customer at the Thrift Shop, however, saying she stops by the shop at least once a month, usually on a weekday.

"My daughter-in-law told me about it," said Nedra Duntz, who bought some items for her soon-to-be-born great-grandchild and some toys for the children she keeps in her day care business.

She, too, shops at the store "occasionally," she said. Her husband retired from the military.

Other shoppers crowded around tables and filled shopping carts with a variety of items, obviously finding the bargains they sought.

Mike Heronemus can be contacted at mike.heronemus@riley.army.mil or 239-8854.



Post/Heronemus

Bargain hunters search through boxes filled with clothes March 4 at the 25-cents-an-item "yard sale" in the Post Thrift Shop. The special sale was conceived as a way to rid the store of excess merchandise.

Thrift Shop

Who can shop: The Thrift Shop is open to all shoppers. No military ID is required.

Where: Building 267 on Main Post

Hours: 9:30 a.m. to 2:30 p.m. Tuesday, Wednesday and Thursday each week and 10 a.m. to 1 p.m. the first Saturday of each month

Consignments: 9:30 a.m. to 1 p.m. Tuesdays and 10 a.m. to noon the first Saturday of each month. The store allows consignment of 15 items, but only seven items may be clothing.

For more information: Call 784-3874

Students visit with two-star

By Alison Kohler
Asst. CR officer

The Northview Marching Stars capitalized on their chance to interrogate a two-star general Feb. 13 at the post headquarters building.

Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, met with 17 fourth- and fifth-grade students to speak about his leadership traits and answer the students' questions.

The question-and-answer session began just one sentence into the general's speech, however, so the remaining time was spent fielding a variety of inquiries.

The students are part of the 21st Century Community Learning Center After-School Program. Bob Cox, a facilitator of the program, said the students are participating in the Strategies for Life program that allows them to interface and learn from leaders in business, military, government and academia.

"The children have already visited the owner of the Ben Franklin crafts store, Jerry Humes. They also are scheduled to meet with Tom Hawk, a state representative, and Duane Nellis, the provost at Kansas State University," Cox said.

The students asked Hardy, "What is the thing you like most about the Army?" "What is the thing you like least about the Army?" "What do you expect from the people who work for you?" and "What time do you get up in the morning?"

"Providing our children with positive after-school educational opportunities takes a lot of hard work and involvement from many facets of the school and community. Fort Riley has just been super," said Sue Mountford, coordinator of the Community Learning Center.

Cox said the NMS students meet once each week to learn the fundamentals of drill and ceremony, cadence calling, physical fitness training and land navigation. He said the visit to Fort Riley to meet Hardy was the second stop on the four-stop plan to meet with area leaders. He said the stu-

See Two-star, Page 12

Marriage and Military Life

Military children and divorce: 'Casualties of war'

By Gene-Thomas Gomulka
Retired Navy chaplain

Dear Gene-Thomas,
My son got married ... and he is now going through a painful divorce following his return from Iraq. While I'm sad for him and his wife, I'm even more sad for my granddaughter.

—Grandma

Dear Grandma,
Almost every day we learn about the number of American military personnel who are being killed or wounded in Iraq and Afghanistan. While the media has documented how military divorce rates have risen significantly since combat operations increased following 9/11, little has been said about how children from divorced military homes are

also in a sense "casualties of war."

Unfortunately, thousands of children like your granddaughter may grow up without being surrounded by the love of both a father and a mother. What are some of the possible effects of divorce upon children?

• Children whose parents have divorced are increasingly the vic-

About the author

Gene-Thomas Gomulka is a retired Navy chaplain and author of "The Survival Guide for Marriage in the Military."

Have a question? Write Gene-Thomas at letters@plaintext.net



See Divorce, Page 12





Community news briefly

Classes slated for parents

Four workshops have been scheduled at Fort Riley for parents with teenagers. The workshops will present information that will help parents strengthen relationships with their teens and help them help their teens to become responsible adults.

The workshops will be conducted from 6 to 8 p.m. at Building 7264, the Soldier and Family Support Center.

On April 10, the workshop will cover understanding adolescence and teen issues of yesterday compared to teen issues today.

On April 17, the workshop will cover drug, sexuality and violence as well as the power struggle between parents and teens.

On April 24, the workshop will cover responsibility and discipline as well as cooperation and communication.

On May 1, the workshop will cover prevention strategies for solving problems.

To sign up, call 239-9435 or visit a Family Advocacy Program representative in the Soldier and Family Support Center.

Teen Center lists activities

March 10 – 6:30 to 7:30 p.m., Family Fitness Night – parents and children are invited to participate together in aerobic exercise, fitness games and more.

March 10 – 8 to 10 p.m., middle school dance

March 11 – 9 to 11:30 p.m., high school dance

March 17 – 7 to 10 p.m., newcomer's barbecue

March 18 – 3 to 4 p.m., youth sponsorship training

March 18 – 9 p.m. to midnight, Midnight Basketball

March 20 – Teen Center closed

For more information, call the Teen Center at 239-9222.

TREASURES BY TRACINE

2 x 4"

Black Only

2x4 Treasures by Tracine

BLUEVILLE NURSERY

2 x 5.5"

Black Only

2x5.5 Blueville Open House

Divorce

continued from page 11

times of abuse and have higher rates of suicide.

- Children from families in which their parents divorced during their teenage years are

- involved more frequently in crime and drug abuse than adolescents from families in which their parents remained married.

- Children who have experienced the divorce of their parents often score worse on measures of self-esteem and psychological adjustment. They exhibit more

- health, behavioral and emotional problems than do children living with intact families or even children living with single mothers who have never been married.

- Children from disrupted families are also more likely to repeat a grade or drop out of high school than those from intact families. Those who do graduate from high school are less likely to go on to college. This lack of

- educational achievement may predispose them to long term underemployment and even unemployment.

- Families with children that were not poor before the divorce see their income drop as much as 50 percent. Almost half of the

- parents with children that are going through a divorce move into poverty after the divorce.

Numerous studies have been undertaken that show how children react to divorce differently according to age.

Many of these studies are readily available on the Internet where divorcing parents can learn how children of different

age levels – infants, toddlers, preschoolers, elementary school children and above might react to their divorce.

Two-star

continued from page 11

dents are required to write down at least three character qualities they hear and then select one to write a short paragraph that explains why they think it was the most important.

Clay Neville, a fourth-grader in the program, wrote that respect is all of the character qualities rolled into one. "All of the other qualities, like trust and caring, fall into place when you have respect," he wrote.

Because of their visit to Fort

While a divorce can be a relief for children in some families, particularly if abuse was involved, children will react in different ways.

Their reactions will depend upon such factors as the quality of their relationship with their parents, the past and present relationship between their parents, the age and gender of the children, how their parents helped the children handle the situation and remarriage.

Children perceive post-divorce conflict as continued divisiveness, thus extending the divorce trauma. Parents should avoid saying inappropriate things to their children about their ex-spouse or attempt revenge by finding ways to spoil visitations that can only further traumatize their children.

In response to an article in which a psychologist attempted to downplay the negative effects of divorce upon children, one letter writer wrote, "Divorce is like death ... it's a tremendous loss to a kid. To think or to try to prove otherwise is delusional. I speak from experience."

We often hear military leaders say that their people are their most important assets. If this is more than just a catchy slogan, then leaders need to take proactive steps to protect their personnel, along with their spouses and children, from the multiple consequences of divorce.

Unless the services begin providing effective relationship training for dating, engaged and married personnel, there will continue to be numerous grandparents who will be deprived of helping to shape their grandchildren's lives.

Riley, "the children got a glimpse of another leader, and some of them said they want to become a commanding general, or at least to join the Army," Cox said.

TYME OUT

1 x 4"

Black Only

1x4 Tyme Out Madness

LITTLE APPLE TOYOTA/HONDA

4 x 7"

4x7 LittleApple Toyota Ad



Post/Morlock

Post take part in Read across America

Maj. Gen. Dennis Hardy, commander, 24th Infantry Division (Mech.) and Fort Riley and his wife Diane read books to children at the Child Development Center in honor of Read Across America Month. Numerous community members took time throughout March to read to children at the center. "Children learn from watching the adult role models in their lives," said Carole Hoffman, director of the CDC. "If children see adults reading then they will be more interested in reading."

HOUSE FILL AD

SCREEN MACHINE

2 x 2"

Black Only

2X2 Screen Mach

HIGHWAY 24 AUTO

3 x 6"

Black Only

3x6 Hwy24 Auto



Fort Riley Sports & Recreation

Friday, March 10, 2006

America's Warfighting Center

Page 13

Sports news in brief

Splashin' Dash Triathlon set

Registrations are being accepted for the Fort Riley Mini Splashin' Dash Triathlon until 4 p.m. April 27.

The triathlon will include a 300 meter swim at Eyster Pool, a 7 mile bike from Eyster Pool to Riley's Conference Center and a 2 mile run. An award presentation will follow at Riley's.

The race is \$15 per person is open to everyone. Registration is limited to the first 150 individuals and the first 50 three-person teams.

For more information call the Fort Riley Sports Office at 239-2172 or 239-2813.

Swim passes available

Season swim passes are available for purchase from 8 a.m. to 5 p.m. at the Manhattan Parks and Recreation Office, 1101 Fremont St. or at City Hall Customer Service, 1101 Poyntz Ave. Families receive a \$5 discount on passes purchased before April 28. For more information call 587-2757.

Baseball team tryouts set

The Junction City Junior Baseball Association will be holding tryouts for players wanting to play on a competitive team in the Manhattan Wildcat League this season.

Three, 13-year teams will consist of players 14 and younger, 12 and younger, and 10 and younger. Players must be at least 9 years old and not older than 14 as of April 31.

There will be three tryout dates. Players must attend at least two tryouts to be eligible.

The first tryout is March 12 from 1 to 4 p.m. at North Park. Tryouts March 13 and 14 from 1 to 4 p.m. will be held at the Junction City High School gymnasium. Gym shoes must be worn in the gymnasium.

The cost will be \$90 for players selected to be on a team.

For more information call Jim Poole at 238-6332. Registration information for the JCJBA is posted at www.etcamz.com/jc_sports.

Tournament set at golf course

Custer Hill Golf Course will hold a membership drive golf tournament March 18 at 10 a.m.

The cost for the event is \$15 plus green fee and cart. For more information call 784-6000.

Staff seeks volleyball teams

The 2006 Fort Riley Battalion Level Volleyball League will begin soon. Each battalion may enter one team each in men's and women's competition.

Battalion Athletic and Recreation Officers must submit a Letter of Intent to Participate form to the sports office by March 8.

The season will run about six weeks beginning March 20.

For more information, call Barry Sunstrom at 239-3945.

One to go



Co. A, 1st Bn., 34th Armor, players (dark jerseys) and their 1st Maint. Co. opponents eye a rebound during semi-final post championship action at King Field House March 7. The Maintainers advanced with a 40-38 win.

Post/Skidmore

Teams advance to championship

By Mike Heronemus
Editor

Semi-final games March 7 saw the undefeated Headquarters and Headquarters Company, 1st Battalion, 34th Armor, and the 1st Maintenance Company advance to the championship game scheduled the following night.

The 10-0 Armor team faced Headquarters and Headquarters Company, 24th Infantry Division (Mech), who had amassed a 9-2 record in regular season play and the first two rounds of tournament

play. Armor defeated the Northern League powerhouse 47-36.

The Maintainers went up against Company A, 1st Bn., 34th Armor, in the closing semi-final game of the evening. Both teams sported 8-1 win-loss records before tangle in the 7 p.m. game. The Maintainers edged ahead in the final minutes of play to record a 40-38 win against their Eastern League opponents.

The Eastern League Armor team and the Northern League Maintainers played for the post company level basketball championship at 6 p.m. March 8 in King Field House. Results of that game will be reported in the March 17 issue of the Post.

Armor starts, finishes game scoring

In the 6 p.m. game March 7, Marques Wilson sank a quick 3-pointer to light up the Armor side of the scoreboard. Clyde Ryan scored on an Infantry fast break to retaliate. From that point, it seemed the two teams would almost trade baskets for the rest of the game. Neither team could

See Tournament, Page 14

Army women dominate cross country

By Tim Hipps
Army News Service

ALEXANDRIA, Va. — The All-Army women's cross-country team swept four of the top five places in the 8-kilometer race during the 2006 Armed Forces Cross Country Championships Feb. 18 at Van Cortlandt Park in Bronx, N.Y.

Capt. Jessica Jones, Sgt. Mickey Kelly and Capt. Emily Brozowski, all stationed at Fort Carson, Colo., finished 1-2-3 among

Armed Forces runners who competed in conjunction with the 2006 USA Winter National Cross Country Championships.

Jones completed the 8K race in 29 minutes, 8 seconds to finish 36th overall.

She was followed by Army World Class Athlete Program modern pentathlete Kelly (29:52) and Brozowski (29:56), who finished third in the 2005 Marine Corps Marathon.

First Lt. Stephanie Feagin of Fort Benning, Ga., finished fifth among Armed Forces competitors

in 31:03, and Capt. Trisha Stavino of Fort Sam Houston, Texas, was ninth in 31:54.

Women's team wins

The All-Army women's team won with 11 points, and was followed by squads from the Air Force (40), Navy (46) and Marine Corps (49), led by fourth-place finisher 1st Lt. Jennifer Ledford (30:53) of Carlsbad, Calif.

Blake Russell of Marina, Calif., won the open women's 8K in 26:47.

Army men place individually

In men's competition, WCAP distance runner Capt. Ryan Kirkpatrick of Fort Carson won the Armed Forces 12-kilometer race Feb. 19 with a time of 35:47, which earned 10th place in the national standings. Ryan Hall of Woodside, Calif., won the open 12K in 34:38.

Lt. John Mentzer (37:54) of

See All-Army, Page 18

Fort Riley spring turkey season just around corner



Alan Hynek

By Alan Hynek
Fish and wildlife administrator

Spring turkey season is just around the corner. Soon, the woodlands will be filled with gobbling toms and camouflaged hunters. It is indeed an exciting time to be out in the field.

The 2006 Fort Riley spring turkey season will start with a youth and handicapped hunt April 7 through 9. The regular season will commence April 12 and run through May 31.

As always the military mission takes precedence over all announced hunting seasons. All or parts of the hunting areas may be closed to hunting during part or all of the turkey season because of military training.

Turkey hunters on Fort Riley will need to possess three permits: a state of Kansas hunting permit, a Unit 2 spring turkey permit and a Fort Riley hunting and fishing permit. All three are available at any

Kansas Department of Wildlife and Parks permit vendor or over the internet at <http://www.wildlifefelicense.com/ks/>.

Once hunters have purchased the above permits, they must then acquire a free Fort Riley spring turkey sticker. These are only available from the Conservation Office, Building 1020, Huebner Road. Sticker distribution will begin on March 14 at 7:30 a.m. through the end of the season.

Brains, talent pay off

Student signs letter of intent to play football

By Amanda Kim Stairrett
Staff writer

Jimmie Clark is a student-athlete, but his mom makes sure he knows that being a student comes first. No decent grades, no football.

Clark, Junction City High School senior and son of Staff Sgt. Celia Bester of the 3rd Brigade, 75th Division (Training Support) kept his grades up this year and played well enough to earn a football scholarship to Garden City Community College.

He signed a letter of intent to play for Garden City in early February.

His parents show encouragement, but don't pressure him to play, Clark said.

His mother's influence also contributed to some of his proudest moments at Junction City High School. It was rewarding, he said, to have the opportunity to meet all kinds of people from all walks of life. He's attended the school the past two years.

"The military has a tendency to do that to kids," he said.

Clark tries to set an example for his peers no matter what he is doing. "I pride myself on being a great leader on and off the field," he said.

Bester said her son's leadership and his ability to read the game by spotting where the likely danger will come from were his strongest assets.

Randall Zimmerman, Junction City football coach, said Clark was a "fine, respectful young man."

Though Clark played for the Blue Jays for only one season, the coach said he had great potential and that was something the college recruiters saw in him. "He has the potential to put on size and increase his speed through hard work," Zimmerman said. "Which I know he will put in."

Clark plays baseball, too, but football is his favorite sport. He said he loves the "aggressiveness" of the sport.

Clark said he's looking forward to being part of a winning team at Garden City Community College, where he plans to study physical education. After graduating from college, Clark wants to finish his degree at a Division I school and then play for the National Football League.

After signing the letter of intent, Clark said he was relieved to know what he'll do after high school. Now, he can focus on enjoying the rest of his senior year, Clark said. That includes playing baseball for the Blue Jays and keeping his grades up.

See Scholarship, Page 18



JON MURDOCK AUTO MALL
3 x 10"
Black Only
3x10 Murdock



U.S. ARMY RESERVES- ARMED FORC
6 x 21.25"
Black Only
641886 DAVIS





Hunting

continued from page 13

hunting in that turkey unit.

Both primary and secondary sticker holders will be allowed to hunt when an adequate portion (as determined by the Fort Riley Conservation Office) of their assigned turkey unit is open for shotgun hunting.

The open areas hotline and the hunter check stations will state primary or secondary status for each turkey-hunting unit each day throughout the spring turkey season.

The number of primary stickers for each unit are: Unit I – 40, Unit II – 60, Unit III – 40, Unit IV – 30 and Unit V – 60. An unlimited number of secondary stickers will be available.

Stickers will be allocated on a first come, first served basis. For example, the first 60 hunters that request Fort Riley Spring Turkey Unit V will be given a primary sticker for that unit and any others requesting that unit will receive a secondary sticker.

If all of the primary stickers have been awarded, any military or civilian in a deployment status as of March 14 will receive a primary Fort Riley spring turkey sticker in the unit of their choice.

Any youth or handicapped person eligible per Kansas regulation may hunt the special youth and handicapped season on Fort Riley,

April 7 through 9. Youth and handicapped hunters must receive their safety briefing and spring turkey sticker prior to hunting, but will not be restricted to the regular season spring turkey units.

The bag limit is one bearded turkey per Kansas permit and one bearded turkey per second Kansas permit (called a game tag).

Individuals possessing both a Kansas turkey permit and Kansas turkey game tag may harvest both birds in one day.

Hunters must check-in and -out each day they hunt at one of the ten Fort Riley hunter check stations. Hunters may only turkey hunt in their assigned unit for the entire season and according to their primary or secondary status for each day as listed at the hunter check stations.

All spring turkey hunters that are not in a stationary position must wear at least one of the following articles of visible, external apparel with at least 50 percent of its surface area solid blaze orange in color: hat, cap, vest, coat, jacket, sweatshirt, shirt or coveralls.

All hunters harvesting a turkey on Fort Riley are required to complete the survey form on the hunter cards and deposit it at a hunter check station.

Information requested will include location of kill, length of

turkey's beard and length of turkey's spurs.

The Impact Area and the Multipurpose Range Complex are off-limits at all times. Areas not listed as open for shotgun hunting at the hunter check stations are not open for turkey hunting.

Fort Riley regulation 190-1 requires that all firearms brought on to post be registered with the Provost Marshal's Office.

Firearms must be registered by the owners regardless of military affiliation prior to bringing the firearms on post.

Firearms may be registered at the Outdoor Recreation Center, the Conservation Office or PMO.

For further information concerning the spring 2006 Fort Riley turkey season, contact the Conservation Office at (785) 239-6211 or visit the website at www.riley.army.mil. Click on "Recreation," then "Outdoor Recreation," then "Hunting."

DIAMOND & JEWELRY OUTLET

2 x 5"
Black Only
2x5 Diamond Jewelry Outlet

Bowler strikes perfect game, scores third ring

By Mike Heronemus
Editor

John Harrington has been perfect three times in his life. The third time came Feb. 28 when he bowled a 300 game at Zuckey Bowl in Manhattan, Kan.

Harrington and his four teammates play in the Commercial Independent league. He bowls each Tuesday, Thursday and Friday of the week. "That's a lot of bowling," he agreed, "maybe too much."

But, Harrington obviously enjoys the sport. He's been bowling for 25 years without a significant break in his regular trips to the lanes.

All that practice keeps him at about a 210 game average, he

said.

It also keeps him in a little jewelry. Each 300 game earned him a ring presented by the U.S. Bowling Congress. On Feb. 4, at the Custer Hill Bowling Center where he works as a janitor, he was wearing another one of his bowling rings – one he earned for a 299 game.

"They look pretty much alike," he said about it and the 300-game rings he owns.

"It's been about a year since the last 300 game," Harrington recalled, but he couldn't pinpoint when he had earned the first ring for bowling a perfect game.

He couldn't remember, either, what he was thinking as he got ready to bowl that last line for his perfect game Feb. 28.



John
Harrington

"Just concentrating," he said finally, "concentration about hitting the mark."
He did.

CRUMS
2 x 3.5"
Black Only
2x3.5 Crums Martz

BRIGGS AUTO GROUP
6 x 10.5"
Black Only
6x10.5 Briggs B&W



COMMANDER FOURTH REGION (ROTC)
6 x 21.25"
Black Only
6x21.5 there's a name for sold





Capt. Ryan Kirkpatrick, a distance runner in the U.S. Army World Class Athlete Program, runs to victory in the men's 12-kilometer race during the 2006 Armed Forces Cross Country Championships Feb. 19 at Van Cortlandt Park in Bronx, N.Y.

Air Force Sports/Brown



classified rerover
4 x 21.25"
Black Only

All-Army

continued from page 13

Monterey Naval Postgraduate School in California, and Lt. Jonathan Clemens (37:59), commander of the helicopter anti-submarine light wing U.S. Pacific Fleet, were second and third respectively in the Armed Forces division.

Sgt. Teddy Mitchell, an Army Reserve Soldier living in Albuquerque, N.M., was fifth among Armed Forces competitors in 39:26, followed by Spc. Nathan Pennington (sixth in 39:31) of Supreme Headquarters Allied Power Europe, Belgium; Pfc. Louis Chapa (ninth in 39:50) of Baumholder, Germany; and Maj. Liam Collins (14th in 40:01) of Fort Belvoir, Va.

Navy Lt. j.g. Aaron Lanzel and Marine Corps Cpl. Justin Lutz were first and second in the Armed Forces men's 4-kilometer race with times of 11:40 and 11:43 respectively. Navy HN Billy Herman finished third in 11:52.

Adam Goucher of Portland, Ore., won the open 4K in 10:50.

WCAP distance runner Sgt. Sandu Rebenciuc of Fort Carson finished fourth in the Armed Forces men's 4K with a time of 12:02. Capt. Ezekiel Austin (10th in 13:01) of Fort Leonard Wood, Mo.; Pfc. William Banks (13th in 13:32) of Fort Bragg, N.C.; and Sgt. Greg Paris (15th in 16:11) of

the U.S. Army Recruiting Station in Hempstead, N.Y., rounded out the All-Army team in Armed Forces competition.

Army men's team finishes second

The places of the top three finishers in the 12K race and the top two in the 4K chase were combined to determine the Armed Forces men's team standings. Navy took the title with 19 points, followed by Army (29), Air Force (35) and Marine Corps (40).

The Armed Forces meet served as a qualifier for the U.S. Armed Forces teams scheduled to compete March 3 in the 52nd Conseil International du Sports Militaire World Military Cross Country Championships in Tunis, Tunisia. Runners were selected based on performance and availability.

Soldiers Kirkpatrick, Mitchell, Pennington and Chapa are scheduled to represent the Army on the U.S. military men's team in the CISM Championships. Brozowski and Feagin were selected to compete for the U.S. women's military squad.

Tim Hipps writes for the U.S. Army Community and Family Support Center in Alexandria, Va.

Scholarship

continued from page 13

Clark said he admires his sister, who attended Southern Illinois University Carbondale, and his little brother, a seventh-grader at Fort Riley Middle School.

His brother wrestles and plays football, basketball and baseball. Bester said it took faith, belief in her child and a whole lot of patience to be the parent of a successful high school athlete.

She said she hopes Clark will use this opportunity to encourage his younger brother to excel.

MEMORIAL HOSPITAL ABILENE
1 x 2"
Black Only
1x2 Heartland Lasix

PRAIRIE HANG CYCLE &
LEATHER,
1 x 1.5"
Black Only
1x1.5 PrairieHang MarTF

COTTONWOOD THEATERS
1 x 3"
Black Only
1x3 Cottonwood March

JIM FEENEY AGENCY, INC.
1 x 3"
Black Only
1x3 JimFeeney Looking

LIGHTHOUSE CHRISTIAN FELLOWSHIP
1 x 3"
Black Only
1X3 Lighthouse Mar TF

FIRST PRESBYTERIAN CHURCH
1 x 4"
Black Only
1x4 1stPres Military lurch





CLASSIFIEDS





Travel & Fun in Kansas

Page 20

America's Warfighting Center

Friday, March 10, 2006

Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

March 10 — Big Momma's House 2 (PG-13) 99 Min.

March 11 — Underworld: Evolution (R) 106 Min.

March 12 — Big Momma's House 2 (PG-13) 99 Min.

March 16 — Underworld: Evolution (R) 106 Min.

For more information, call 784-2226 or 784-2640.

Get away and explore Kansas. Check out details on these and other events on the Kansas Travel and Tourism Web site, www.travelKS.com.

Lawrence:

What: Mozartium Orchestra of Salzburg with Stephen Hough on piano

When: 7:30 p.m. March 12

Where: 1600 Stewart, Lied Center

Phone: (785) 864-2787

Web site: www.liedku.edu

Admission: Varies by seating choice

...

What: Will Rogers Folies, A Life in Revue. A dazzling spectacle about America's first international multimedia sensation, whose wit and homespun wisdom still ring true today.

When: 7:30 p.m. March 15

Where: 1600 Stewart, Lied Center

Phone: (785) 864-2787

Web site: www.liedku.edu

Admission: Varies by seating choice

...

What: St. Patrick's Day Parade. Annual parade featuring a wide array of floats and the St. Patrick's Day Queen and her court.

When: 1 p.m. March 17

Where: Massachusetts Street

Phone: (785) 749-6677

Web site: www.visitlawrence.com

Admission: Free

Overland Park:

What: Second City Comedy Troupe.

When: 4 and 8 p.m. March 11

Where: 12345 College Blvd., Carlsen Center of Johnson County Community College

Phone: (913) 469-4445

Web site: web.jccc.net/carlsencenter/

Admission: \$25 and \$20

...

What: MOMIX. This playful company of dancer-illusionists focus on the amazing grace of the human body.

When: 8 p.m. March 18 and 2 p.m. March 19

Where: 12345 College Blvd., Carlsen Center of Johnson County Community College

Phone: (913) 469-4445

Web site: web.jccc.net/carlsencenter/

Admission: \$30-\$25

Shawnee:

What: Shawnee St. Patrick's Day Parade and Duck Race. Annual St. Patrick's Day parade with duck race as part of the celebration.

When: Parade at 1 p.m., duck race follows, March 12

Where: Johnson Drive, Monrovia Street to Barton Street

Phone: (913) 631-6545

Web site: www.irishamericanclub.net

Admission: Free

Topeka:

What: St. Patrick's Day Parade and Celebration. Parade

followed by an Irish street fair, activities and more.

When: Parade at noon March 17

Where: Kansas Avenue, downtown

Phone: (785) 234-9336

Admission: Free

Manhattan:

What: Aggieville St. Patrick's Day Parade and Road Races.

Parade, breakfast, and running events for children and adults.

When: Hours vary March 11

Where: Moro Street

Phone: (785) 776-8050

Web site: www.aggieville.org

Admission: Free

Emporia:

What: St. Patrick's Parade. Annual parade in beautiful downtown featuring entries from corporations, organizations, families and bagpipers.

When: 1 p.m. March 11

Where: Commercial Street, downtown

Phone: (620) 340-6430

Web site: www.emporiainmainstreet.com

Admission: None

Norton:

What: Tri State Toy and Card Show. Exhibit features antique toys, trading cards, and collectibles.

When: 9 a.m. to 4 p.m. March 18

Where: National Guard Armory

Phone: (785) 877-2501

Web site: www.discovernorton.com

Admission: \$1

Independence:

What: Little House on the Prairie Opening. Experience the season opening of Laura Ingalls Wilder's Kansas cabin with music, food, and wagon rides.

When: 10 a.m. to 2 p.m. March 18

Where: 2507 County Road 3000

Phone: (620) 289-4238 or (800)882-3606

Web site: www.littlehouseontherprairie.com

Admission: Free

Yoder:

What: Parade of Quilts. Dozens of handstitched quilts of every pattern and color imaginable displayed at participating businesses throughout this horse-drawn community.

When: Through March 31

Where: Citywide

Phone: (620) 465-3613

Web site: www.yoderkansascity.com

Admission: Free

El Dorado:

What: Butler County Student Art Exhibit. Amazing works of approximately 400 high school and college students.

When: 1 to 5 p.m. Monday, Wednesday and Friday, 9 a.m. to 5 p.m. Tuesday through Thursday, and noon to 4 p.m. Saturday through March 29

Where: 110 N. Main, Courts Museum of Art

Phone: (316) 321-1212

Admission: Free

Cottonwood Falls:

What: Music at the Emma. Weekly acoustic jam sessions playing country, gospel, bluegrass, and rock and roll. Musicians and audience welcome.

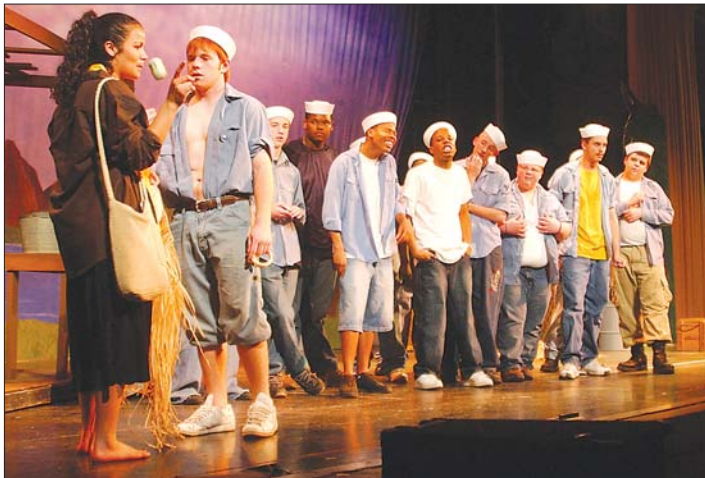
When: 7:30 p.m. Fridays only, year-round

Where: 317 Broadway, Emma Chase Café

Phone: (620) 273-6020

Admission: Free

Sail away



Post/Morelock

Bloody Mary, played by Amanda Cruz, talks with fellow souvenir trader Luther Billis, played by Wade Ervin, during a rehearsal for the musical "South Pacific" at Junction City High School.

Cast, crew invite all to 'South Pacific'

By Anna Morelock

Staff writer

If you go:

What: "South Pacific"

When: 7:30 p.m. March 16 through 18

Where: 900 N. Eisenhower St., Settles Auditorium, JCHS

Cost: \$4

Tickets: To reserve seats, call 717-4268 or e-mail jchs_BoxOffice@yahoo.com. Pick up tickets by 7:15 p.m. on show night.

Student performers at Junction City High School will set sail for the "South Pacific" March 16-18 in a musical performance at Settles Auditorium.

The musical, which was adapted from James Michener's book, "Tales of the South Pacific," centers around two love stories and is set on an island during World War II.

Emile deBeque, a French planter, falls in love with Navy nurse Nellie Forbush. The second romance springs up between Navy Lt. Joseph Cable and Liat, a young Polynesian girl from the nearby island of Bali Hai.

"Lots of singing, lots of dancing, lots of acting," Choreographer Ellie Dillion said of the performance. The musical has "really funny parts and parts that the kids find challenging because it has some pretty heavy love scenes," she added. "All in all, they're doing a good job."

A new group is directing the island's lovers and restless sailors this year. Besides herself and the costume designer, the JCHS musical has a whole new set of directors, Dillon said.

The students started practicing for the performance right after Christmas break

with directors Mary Louise Stahl and John Triplett, both longtime veterans of Junction City Little Theatre productions.

The war in the South Pacific isn't all fun and games and shrunken head souvenirs for the sailors. Cable and deBeque find themselves on a dangerous secret mission from which one of them doesn't return.

Stahl said she thinks the public will be very impressed with the singing and dancing throughout the show.

"Our students are doing an outstanding job portraying the lives of sailors, nurses and islanders in the South Pacific," she said.

JCHS produced "South Pacific" 30 years ago on the same stage. Many of the cast members from that production are still living in the Junction City area, Stahl said.

"We would love to have them identify themselves when they attend the show," she added.



Post/Morelock

Shawn Gamache, Justin Black, Cameron Lee and Drew Van Cleave make kissy faces during a rehearsal for "South Pacific" at JCHS.

Piano recital benefits MAC

Special to the Post

Renowned pianist and organist, Robert Edwards, will be holding a piano recital to benefit the Manhattan Arts Center on March 10 at 7:30 p.m.

Edwards will treat listeners to a parafit of Chopin, Debussy, Mozart and Granados.

A retired professor, Robert Edwards taught piano at Kansas State University and served as chairman of the keyboard division in the Department of Music.

Dr. Edwards attended Colorado College and Wichita State University where he received bachelor's and master's degrees in performance. He received the doctor of musical arts degree at the University of Oregon.

He has performed throughout the U.S. as a pianist and organist.

The New York Times critic Joseph Horowitz described Edwards' New York Debut Recital as "a pleasure to hear."

Selections from a recent compact disc, Robert Edwards at Grace Cathedral, were broadcast over the NPR program, Pipedreams.

Tickets for the MAC benefit are \$12 for adults and \$5 for students.

For more information, call (785) 537-4420. The Manhattan Arts Center box office is located at 1520 Poyntz Ave and is open from 10 a.m. to 5 p.m. Monday through Friday.

For more information on this and other performances at the Manhattan Arts Center, visit its Web site at www.manhattanarts.org.

Bluesman plays birdhouse series

Special to the Post

The Manhattan Arts Center Birdhouse acoustic music series presents Guy Davis March 11 at 8 p.m.

A musician, composer, actor, director and writer, Guy Davis is most importantly a "bluesman."

Son of actors and writers Ossie Davis and Ruby Dee, Guy was born to perform. On stage, he channels Leadbelly, Skip James and Robert Johnson. Billboard says he "perseveres as one of the few contemporary African-American musicians to embrace the acoustic blues... the feel of his originals is timeless."

Davis dedicates himself to reviving the traditions of acoustic blues and bringing them to as many ears as possible

through the material of the great blues masters, African American stories, and his own original songs, stories and performance pieces. His latest CD, Legacy, was considered one of the best albums of the year by National Public Radio. For more information, visit www.guydavis.com.

Tickets for the performance can be purchased at the Manhattan Arts Center, The Dusty Bookshelf in Aggieville, Clafin Books & Copies, at the door or by phone at (785) 537-4420.

Tickets are \$15 for adults, \$13 military and \$12 for students. The Manhattan Arts Center box office is open Monday through Friday from 10 a.m. to 5 p.m. and is located at 1520 Poyntz Ave.

For more information on this performance, visit www.manhattanarts.org.

